

# BREAST CANCER

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**KNOW THE FACTS –  
A SITUATION NO  
WOMAN WANTS TO FACE!**

# **BREAST CANCER**

**KNOW THE FACTS, THEY  
COULD SAVE YOUR LIFE!!**

**It is estimated that:**

- 1. 1 out of 9 women will  
develop breast cancer**
- 2. Breast cancer is the second  
cause of cancer death in  
women - lung cancer ranks  
first**
- 3. 150,900 new cases of  
breast cancer in the U. S.  
during 1990 and about  
44,300 deaths due to breast  
cancer**
- 4. Breast Cancer accounts for  
28% of female cancers**
- 5. 25% of cancers of the  
breast occur in women in  
high risk groups**

## **YOU ARE HIGH RISK IF:**

- You are overweight**
- You smoke**
- Your diet consists of high  
fat, low fiber foods**
- You do not do Breast Self-  
Exam monthly**
- You do not have an annual**
- Breast Exam by your Doctor**

## Here are a few more risk factors

- The use of alcoholic beverages (especially hard liquor and beer) has been linked to increase of Breast Cancer.
- Women whose mothers or sisters have had cancer are 2 to 3 times more likely to develop breast cancer.
- Previous Breast Cancer - 10% to 15% of women who have had cancer in one breast will eventually have it in both.
- Menstrual history - A long menstrual history, early onset of menstruation plus late menopause, increase your risk.
- Pregnancy - Women who have never had a baby or carried a full term baby after the age of 30 are at an increased risk.
- Studies show that there is an increased risk of breast cancer in women who have taken birth control pills.
- Studies show there is an increased risk of breast cancer for women who use Estrogen Replacement Therapy during menopause.



# **EARLY DETECTION CAN SAVE YOUR LIFE!**

## **1. Breast Self-Exam (BSE)**

A monthly BSE is recommended for all women over age 18

## **2. Breast Exam by Physician**

For women between the ages of 20 to 39 it is recommended to have a physician examine your breasts every three years. For women 40 and over, it is recommended to have an exam once a year.

## **3. Mammography:**

### **Ages:**

35-39 - One baseline  
mammogram

40-49 - Mammogram  
every 1 to 2 years

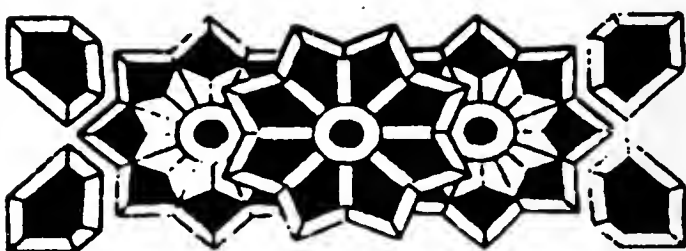
50 & over - Annual  
mammogram

- 4.** If there is **any sudden change** in your breast such as a change in shape, check with your doctor and request a mammogram.



## COMMON INDICATORS

- The most common sign of cancer of the breast is a mass which is almost always painless
- Nipple discharge can mean cancer
- A change in the shape of the breast
- A lump that does not move
- Swelling and redness of the breast skin
- Lymph node enlargement



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